Indian Lentil Curry With Spinach

Yield: 4 min
Total Time: 75 min

Recipe from: https://www.recipeschoose.com/recipes/easy-indian-lentil-curry-recipe

Ingredients:

- 1 tablespoon coriander powder
- 2 teaspoons cumin powder
- 1 teaspoon chili powder kashmiri
- 1 1/2 teaspoons salt
- 1 cup masoor red split lentils, dahl
- 3 1/2 cups water
- 1/2 teaspoon turmeric
- 8 ounces baby spinach coarsely chopped
- 4 tablespoons vegetable oil
- 1 onion finely chopped
- 2 green chilies minced
- 2 tablespoons garlic ginger paste recipe link below
- 1/4 cup tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon salt to start. You are going to need more. Adjust to taste.

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 40 grams
3. Fat: 15 grams
4. Fiber: 18 grams
5. Protein: 16 grams
6. SaturatedFat: 1 grams
7. Sodium: 1610 milligrams
8. Sugar: 5 grams

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